



pace

SPORTS FITNESS

SPRING CLINIC 2021: 50km TRAINING GROUP

GOAL: ROLLOVER FROM SPRING 50K TRAINING PLAN

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Week	Phase	Date	Day	Workout	Purpose	Comments
1	Build	21-Jun	Mon	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
Run:	7:30hr	22-Jun	Tue	OFF	Recovery Day	this is a good week for recovery. You may want to run on the low end of the mileage range and take an extra
		23-Jun	Wed	PACE WORKOUT 90min	SEE GOOGLE CALENDAR	
		24-Jun	Thu	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		25-Jun	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this
		26-Jun	Sat	OFF or OPTIONAL	Build Endurance	This session can be 30min to 3hrs depending on the
		27-Jun	Sun	LONG STEADY RUN: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
2	Build	28-Jun	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
run goal:	7:45hr	29-Jun	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this

		30-Jun	Wed	ADVENTURE RUN 2hrs	SEE GOOGLE CALENDAR	
		1-Jul	Thu	Recovery Run: 90min or speed workout	SPEED ON GOOGLE CALENDAR	RECOVERY RUN: 65% MHR or 70% by the end of the run. It's very, very light.
		2-Jul	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this
		3-Jul	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this
		4-Jul	Sun	LONG STEADY RUN: 4:15hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
3	Rest	5-Jul	Mon	OFF	Recovery Day	this is a good week for recovery. You may want to run on the low end of the mileage range and take an extra day off
run goal:	3.5hrs	6-Jul	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
		7-Jul	Wed	PACE WORKOUT 60min	SEE GOOGLE CALENDAR	
		8-Jul	Thu	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		9-Jul	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
		10-Jul	Sat	OFF or OPTIONAL	Build Endurance	This session can be 30min to 90min
		11-Jul	Sun	LONG STEADY RUN: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
4	Build	12-Jul	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
run goal:	8hr	13-Jul	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this
		14-Jul	Wed	PACE ADVENTURE RUN 2:20HR	SEE GOOGLE CALENDAR	
		15-Jul		OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.

		16-Jul	Fri	Recovery Run: 90min or speed workout	SPEED ON GOOGLE CALENDAR	RECOVERY RUN: 65% MHR or 70% by the end of the run. It's very, very light.
		17-Jul	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		18-Jul	Sun	LONG STEADY RUN: 4:15hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
5	Build	July 19	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
run goal:	8:15hr	July 20	Tue	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		July 21	Wed	PACE WORKOUT 90min		
		July 22	Thu	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		July 23	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		July 24	Sat	LONG STEADY RUN:	Build Endurance & Stamina.	Time on your feet is more important than pace in a long,
		July 25	Sun	LONG STEADY RUN: 4:45hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
6	Rest	26-Jul	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
run goal:	5hrs	27-Jul	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
		28-Jul	Wed	PACE ADVENTURE RUN 90MIN	SEE GOOGLE CALENDAR	
		29-Jul	Thu	Recovery Run: 90min or speed workout	SPEED ON GOOGLE CALENDAR	RECOVERY RUN: 65% MHR or 70% by the end of the run. It's very, very light.

		30-Jul	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
		31-Jul	Sat	OFF or OPTIONAL	Build Endurance	This session can be 30min to 90min
		1-Aug	Sun	LONG STEADY RUN: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
7	Build	2-Aug	Mon	OFF	Recovery Day	
run goal:	9:15hrs	3-Aug	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this
		4-Aug	Wed	PACE WORKOUT 90min		
		5-Aug	Thu	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6-Aug	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		7-Aug	Sat	VERTICAL CHALLENGE 2hrs	Build Endurance & Stamina.	Use this run to focus on Vertical Repeats. Keep your effort easy, steady and continuous. Avoid the temptation to make this a speed session. It's a regular long run, only with emphasis on vertical.
		8-Aug	Sun	LONG STEADY RUN: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
8	Build	9-Aug	Mon	OFF	Recovery Day	
run goal:	10.5hrs	10-Aug	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		11-Aug	Wed	PACE ADVENTURE RUN 2 - 3hrs		
		12-Aug	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this

		13-Aug	Fri	Recovery Run: 90min or speed workout	SPEED ON GOOGLE CALENDAR	RECOVERY RUN: 65% MHR or 70% by the end of the run. It's very, very light.
		14-Aug	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		15-Aug	Sun	LONG STEADY RUN: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
9	Rest	16-Aug	Mon	OFF	Recovery Day	this is a good week for recovery. You may want to run on the low end of the mileage range and take an extra day off
run goal:	5:15hrs	17-Aug	Tue	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		18-Aug	Wed	PACE WORKOUT 90min		
		19-Aug	Thu	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		20-Aug	Fri	OFF	Recovery Day	
		21-Aug	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
		22-Aug	Sun	LONG STEADY RUN: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
10	Build	23-Aug	Mon	OFF	Recovery Day	
run goal:	10hrs	24-Aug	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		25-Aug	Wed	PACE ADVENTURE RUN 2-3HRS		
		26-Aug	Thu	OFF or OPTIONAL CROSS	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		27-Aug	Fri	Recovery Run: 90min or speed workout	SPEED ON GOOGLE CALENDAR	RECOVERY RUN: 65% MHR or 70% by the end of the run. It's very, very light.
		28-Aug	Sat	OFF or OPTIONAL CROSS	Build Endurance	This session can be 30min to 3hrs depending on the
		29-Aug	Sun	LONG STEADY RUN: 4.5 hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.

11	Build	30-Aug	Mon	OFF	Recovery Day	
run goal:	10hrs	31-Aug	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		1-Sep	Wed	PACE WORKOUT 90min		
		2-Sep	Thu	OFF or OPTIONAL CROSS	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this
		3-Sep	Fri	OFF or OPTIONAL CROSS	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		4-Sep	Sat	LONG STEADY RUN: 5.5 hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		5-Sep	Sun	VERTICAL CHALLENGE 2hrs	Build Endurance & Stamina.	Use this run to focus on Vertical Repeats. Keep your effort easy, steady and continuous. Avoid the temptation to make this a speed session. It's a regular long run, not with emphasis on vertical!
12	Build	Sept 6	Mon	OFF	Recovery Day	this is a good week for recovery. You may want to run on the low end of the mileage range and take an extra day off.
run goal:	10hrs	Sept 7	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 60min to 3hrs
		Sept 8	Wed	PACE ADVENTURE RUN 2-3hrs		
		Sept 9	Thu	Recovery Run: 90min or speed workout	SPEED ON GOOGLE CALENDAR	RECOVERY RUN: 65% MHR or 70% by the end of the run. It's very, very light.
		Sept 10	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 60min to 3hrs
		Sept 11	Sat	LONG STEADY RUN: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		Sept 12	Sun	LONG STEADY RUN: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.